

All My Life

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Wrangler (Rozanne) Wild (AUS) - September 2007
音乐: Girl Like You - Constantine Maroulis : (Album: Constantine)



Start after 16 count lead.

SEQUENCE: 64 – 48 – 64 – 64 – 32 – 64

1-8 FWD, HITCH, TOUCH SIDE ,HITCH, CROSS, SIDE, TOG, SIDE ROCK, REPLACE, TOG
1,2,3&4 Step L forward, hitch R beside L, touch R toe to R side, hitch R, step R over L
5,6 Step L to side pushing hips to R (cuban style), step R beside L
7&8 Rock L to side, replace weight R, step L beside R

9-16 FWD, HITCH, TOUCH SIDE, HITCH, CROSS, MONTEREY, SIDE ROCK, REPLACE, TOG
1,2,3&4 Step R forward, hitch L beside R, touch L toe to L side, hitch L, step L over R
5,6 Point R to side, drag in beside L turning ½ right (Monterey). (6:00)
7&8 Rock L to side, replace weight R, step L beside R.

17-24 SIDE ROCK, REPLACE, STEP FWD ACROSS, SIDE ROCK, REPLACE, FWD, TOG, HEEL
DROPS X 2
1,2,3&4 Rock R to side, replace weight L. Step R forward across L, rock L to side, replace weight R
5,6 Step L forward, step R beside L
&7&8 Turning to R diagonal rise up on balls feet bending knees. Drop heels. Turning to L diagonal
rise up on balls feet bending knees. Drop heels. (Twist upper body in opposite direction to
knees)

(Easier option counts “ &7&8 “ – bend knees, raise and lower heels twice.)

25-32 ROCK BACK, FWD, STEP FWD, FWD, ¼ PIVOT, ¼ TWIST, ½ TWIST, HOLD, BALL STEP
1,2,3&4 Rock back on R, rock forward on L. Step R forward, step L forward, pivot ¼ right (9:00)
5,6,7&8 Twist ¼ left, twist ½ right. Hold. Step L beside R, small step R forward (12:00)

(For more of a challenge substitute a full turn right on counts “ &8 “)

***33-40 STEP ACROSS, ¼ TURN BACK, SIDE, STEP ACROSS, ¼ TURN BACK, ¼ SIDE, SIDE, TOUCH**
1,2,3,4 Cross L over R, turning ¼ left step R back (9.00), step L to side, step R over L
5,6, Turning ¼ right step L back (12.00), turning ¼ right step R to side (3.00)
7,8 Step L to side, touch R beside L

41-48 STEP SIDE, ACROSS, ¼ TURN BACK, SIDE, TOUCH ACROSS, ½ TURN, TOUCH
ACROSS, ½ TURN
1,2,3,4 Step R to side, cross step L over R, turning ¼ left step R back, step L to side (12.00)
5,6,7,8 Touch R over L, unwind ½ left (end wt R.) #Touch L over R, unwind ½ right (end wt L). RS on
2

49-56 STEP BEHIND, SIDE, ACROSS, TAP BEHIND, STEP SIDE, HIP SWAYS, ½ TURN, HIP
SWAYS
1,2,3,4 Step R behind L, step L to side, step R over L, tap L toe behind R
5,6,7,8 Step to side swaying hips L, R, turn ½ left on ball of R and sway hips L, R (6:00)

57-64 STEP ACROSS, SIDE, TOUCH BACK, ½ TURN, ROCK BACK, FWD, STEP FWD, ½ TURN,
TOG

1,2,3,4 Step L over R, step R to side, touch L back, turn ½ left keeping weight back on R (12:00)
5,6,7 Rock step L back, replace weight forward on R, step L forward turning ½ right on ball of L
8 Step R beside L (6.00)

Repeat sequence until music ends

**Wall 2: Restart after 48 cts. Replace counts 47-48 with the following: # Touch L to side, touch L beside R .
Restart from count 1 facing front**

Wall 5: *Start on Count 33 facing front. Delete counts 1-32.
